RAITT APOLOGIZES FOR 'SEXY' COMMENT, PG3

Canadian Legal Resource Centre Inc.
CALL NOW! Mon-Sat Daytime & Evening Appointments
403.229.2774 FREE CONSULTATION
UNCONTESTED DIVORCES
Legal Separation Agreements
Spousal Land Transfers
www.canadianlegal.org
CRIMINAL RECORD?
Canadian Pardons
US Travel Waivers
Fingerprinting
21+ years experience
Voted #1 Paralegal
Why pay more?

The world's largest global newspaper
metro®
CALGARY • THURSDAY, JUNE 11, 2009 metronews.ca

Comment pg 6

The price of family feuds

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Calgary and Canada.

On metronews.ca
- **Share your SunnySide thoughts on Twitter using #sunnyside**
- **See what other Metro readers are doing and saying about SunnySide #sunnyside**

Today
- **Cat reunited with owner, pg 2**
- **Eco-friendly furniture, pg 14**

New Moon

All this week, Metro Canada is giving you a look behind the scenes of New Moon, the newest film in the Twilight series:
TODAY: Kristen Stewart talks about the pressure of playing Bella
TOMORROW: Robert Pattinson weighs in on the Twilight phenomenon

metro INTERNATIONAL
Winner of the Newspaper Of The Year award.
Call to advertise with the world's best newspaper
1 888 91 metro (63876)

Equestrian **Spruce Meadows**

ROBIN KANIKSAR/FOR METRO CALGARY

Rich Fellers on Flexible gets a time of 71.72 with four faults riding in the International ring for the Enbridge Cup at the Spruce Meadows Nationals. The show jumping event is on for the entire weekend.

Vacancy jumps, but rent same

Little savings for wannabe renters

Despite doubling vacancy rates in the city, Calgarians are still forking out as much as they were a year ago in rent, according to a rental market survey.

Vacancy rates jumped to 4.3 per cent in April 2009, compared to two per cent in April 2008 but the cost of rent for a two-bedroom apartment only decreased from $1,096 last year to $1,106 this year, says a Calgary market analyst.

Cost of living
Average rental rates in April
- Bachelor — $732
- 1 bedroom — $941
- 2 bedroom — $1,106
- 3 bedroom — $1,111

Lai Sing Louie, senior market analyst for the Canada Mortgage and Housing Corporation, said the vacancy rates reflect the downturn in the economy.

"A lower level of employment is impacting the demand for units in the rental market. It allows people to shop around because there isn't as much pressure," Louie said.

While the executive director of the Calgary Apartment Association acknowledges average rental costs don't appear to have decreased on the surface, Gerry Baxter said it is actually a renter's market despite the prices.

"People have more time to look around, more choices to choose from and many landlords are offering rental incentives," Baxter said. "Some landlords will give a month free rent, for example."

Those incentives don't sit well with 24-year-old Dana Leighton, who is searching for an apartment she can afford on her $16 an hour job, a hunt she says hasn't been easy.

"I'd rather have lower monthly rent than one month free. One month free is nice, but what about the other 11 months?" she said, adding she might have to rent a bedroom instead of an apartment.

But Baxter said rental rates are just one aspect of the bigger picture.

"Calgary is an expensive place to live and it costs money to live here."

KRISTA SYLVESTER/METRO CALGARY

Donations pour in after tricycle theft

AMY GREGSON
for Metro Calgary

HELP Thousands of dollars have poured in from Calgarians after the news yesterday that three tricycles were stolen from Providence School, a preschool for children with disabilities.

"Calgary is an amazing city," said Christine Keogh, a resources development officer at the school. "The sympathy and support is overwhelming."

The three tricycles were stolen on June 3 after someone broke into the school by climbing over a fence, according to police.

The trikes were designed for physiotherapy and motor-skills development.

Keogh said a roofing company who worked on the school stepped up and covered the cost of the tricycles.

Keogh said that any extra donations would go towards buying therapeutic and educational equipment for the school.

CANADA'S MOST RELIABLE NETWORK†
FEWEST DROPPED CALLS | CLEAREST RECEPTION
rogers.com/reliable
ROGERS™

†Most reliable network claim refers to call clarity and dropped calls test results as conducted by Rogers and a recognized third-party research company in the majority of urban Canadian centres within the Rogers Wireless footprint, comparing voice services of other major wireless providers.
™Trademarks of Rogers Communications Inc. used under license. © 2009 Rogers Wireless.

Free Daily News Group Inc., operating as Metro Calgary. 120, 3030 - 3 Avenue NE, Calgary, Alberta T2A 6T7. Publisher: Steve Shrout

Man to remain behind bars while awaiting deportation
Leaford Lewin, 25, a Jamaican man who served four years in a Calgary jail for sexual assault with a gun, will stay behind bars while he awaits his deportation in eight weeks, the Immigration and Refugee Board decided yesterday. METRO CALGARY

Local

RCMP seize $325,000 worth of pot

A total of 257 marijuana plants with an estimated street value of $325,000, along with related grow-op equipment, was seized during a joint raid by Okotoks RCMP and the Southern Alberta Marijuana Investigation Team (SAMIT) yesterday morning. The investigation was initiated by information provided by a neighbour after suspicious activity was reported around the house. METRO CALGARY

Alberta in brief

ECONOMY For the first time in over a year, the Alberta Business Confidence Index from Pricewaterhouse Cooper jumped up over the 100 mark, settling at 101 — up from 91 in March of this year. It suggests businesses are becoming more optimistic about economic conditions.

DEGREE Nearing the end of his final term as National Chief of the Assembly of First Nations, Phil Fontaine received an honorary degree from the University of Calgary yesterday.

CRASH Bondar's Fine Furniture had a convertible Mercedes in its 6999 — 11 St. SE showroom yesterday after the car crashed through the front entrance shortly after 1 p.m. Furniture took some damage, but there were no injuries.

CULTURE Lindsay Blackett, provincial minister of culture and community spirit, will meet with arts, heritage and non-profit leaders to determine what needs to be done to improve our cultural facilities. METRO CALGARY

FlareFashion
Lisa Tant

Read the blog at metronews.ca/flarefashion

Solar project sent soaring

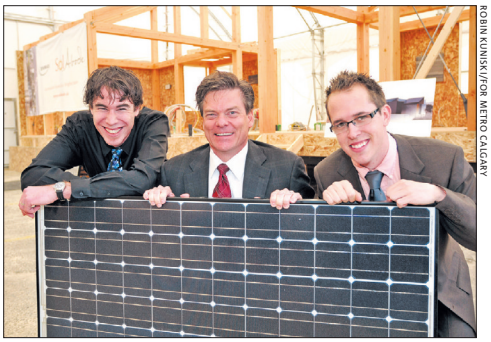
AMY GREGSON
for Metro Calgary

The sun was out in more ways than one yesterday as a student-led, solar-powered home project received major financial backing.

The Enmax SolAbode custom-built solar home was unveiled yesterday as Team Alberta gets ready for the Solar decathlon competition in October.

"In addition to the financial contribution that will make sure the house is built, the expertise that Enmax is providing us with their employees is what this partnership really represents," said Mark Blackwell, project chair.

The solar house is a partnership between more than 110 students and faculty from the University of Calgary, SAIT, Mount Royal College and the Alberta College of Art and Design.


ROBIN KUNIKSY/FOR METRO CALGARY

Matt Beck, project manager, left, Gary Holden, ENMAX CEO, and Mark Blackwell, project chair, hold one of the key power sources of the new ENMAX SolAbode modular home, which will be entered in a high-profile international competition when completed.

They are the first team from Western Canada chosen to compete with 19 other schools from around the world in Washington D.C. later this year.

"Our assessment is it has an excellent chance of being as good as any entry in the world," said Gary Holden, CEO of Enmax. "To the extent that it starts to highlight the importance of renewable energy in society is something we are very happy to embrace."

Blackwell said the team hopes the solar house is completed by the end of July. Then a series of tests will be done before the house is taken apart and sent down to Washington, where it is expected that 150,000 visitors could view the home.

Clean Calgary hot under the collar over C-Train air conditioners

JOEL MESSNER
for Metro Calgary

CLEAN Putting air conditioning on 38 new C-Train cars could be transit spending money in the wrong place, according to a Calgary organization.

Environmental group Clean Calgary believes unless Calgary Transit can prove that comfort is one of the utmost concerns of riders, then the money forked out for air conditioning could have been better spent.

"If (Calgary Transit) properly assessed why people aren't using Calgary Transit and if (air conditioning) was at the top of the list, then I'd say it's worthwhile," said Natalie Odd, executive director of Clean Calgary Association.

"But I would question if they've surveyed people as to why they're not taking transit."

According to Odd, the money spent on air conditioning could be put to better use improving transit efficiency.

"The number 1 thing that will encourage people to take transit is to make transit faster than cars," said Odd.

The 38 new cars should begin arriving in 2010.

Cat reunited with owner after fire

Sunny Side

KRISTA SYLVESTER
krista.sylvester@metronews.ca

HAPPY ENDING He didn't come back the very next day, but Marcus the cat did come back.

Cat owner Olga was frantically searching for Marcus, an orange and white tabby, after the feline went missing early Sunday morning after a fire swept through their southeast home.

In true nine-lives form, Olga found Marcus on Tuesday, battered but relieved to be back with his family.

metronews.ca
What's online today.

Video Lisa Raitt delivers an emotional apology over 'sexy' cancer comment at **metronews.ca/canada**

Lotteries
Lotto 6/49: 9, 27, 28, 40, 45 & 48. Bonus 24.
These results are not official.

chinook learning services

Summer 2009

www.ChinookLearningServices

For information call 403-777-7200

Calgary Board of Education

high school grades 10-12

high school summer off-campus

adult ESL

grades k-9 non-credit

deaf and hard of hearing grades 1-6

regional band camp workshop

father's day brunch
AT THE NATURBAHN TEAHOUSE

SUNDAY, JUNE 21, 2009
Seatings: 9:30 a.m. | 10:00 a.m. | 11:15 a.m. | 11:45 a.m. | 1:00 p.m. | 1:30 p.m. | 2:30 p.m.

CHILDREN (5-9) $12.00
ADULTS $25.95
SENIORS $24.95

CANADA OLYMPIC PARK
winSPORT CANADA

Reservations Recommended
403.247.5452
www.winsportcanada.ca

Russia downplays conflict worries
Russia yesterday played down worries of a possible armed conflict in the Arctic, which includes part of Canada, over control of the region's potentially huge mineral riches. REUTERS

Canada

Chinese 'Buffet' faces fraud rap

The Ontario Securities Commission has filed securities fraud charges against Weizhen Tang, a Toronto businessman who billed himself as "the Chinese Warren Buffet" and was accused of running a Ponzi scheme. Yesterday, the province's stock market watchdog laid a total of 12 charges against Tang and his companies, Oversea Chinese Fund Limited Partnership and Weizhen Tang & Associates. Tang "will be defending the allegations," his lawyer said. TORSTAR NEWS SERVICE

Raitt regrets 'sexy' comment

POLITICS It began to dawn on Lisa Raitt during the uproar in question period Tuesday over an audiotape of her embracing a medical isotope shortage as a "sexy" political career challenge: A staunch defence of her record wasn't enough.

Hammered by the opposition, and then overnight in the media across the country by cancer sufferers and their families, the natural resources minister moved less than 24 hours later to do what she'd refused the day before.

"I want to personally communicate my deep regret for wording I used in a private discussion earlier this year, which was inadvertently recorded," Raitt said.

"As somebody who has been in their personal life deeply affected by cancer, my intent was certainly not to show any disrespect for cancer victims, survivors or their families. However, it's clear that these remarks have been interpreted in that way. So I want to offer a clear apology to anyone who's been offended by what I've said," added Raitt. TORSTAR NEWS SERVICE

CHRIS WATTIE/REUTERS

Minister of Natural Resources Lisa Raitt pauses during a news conference yesterday on Parliament Hill. She expressed regret over a comment calling an isotope shortage a "sexy" challenge.

Opposition to mull budget report

POLITICS Prime Minister Stephen Harper will unveil a key budget progress report today, which opposition parties will evaluate to decide whether they will try to topple his minority Conservative government.

The report will update forecasts on a federal budget deficit that is already expected to exceed $50 billion, and detail how much has been spent to stimulate the recession-hit economy.

Options

- The Liberals will have at least two opportunities before Parliament adjourns on June 23 to try to force an election, but have not said whether they would do so. They would need help from other opposition parties.

The release of regular reports on the deficit and on stimulus spending was a key demand from the Liberals.

The Conservatives were re-elected in October and there is little appetite in Canada for a summer election. The government has said the deficit would be a good 50 per cent higher than forecast in the January budget, primarily because of close to $10 billion in aid to the auto industry and because of higher employment insurance payments. REUTERS

Sri Lanka boots Rae

Claims he was asked to sign document disavowing comments

Bob Rae says he was asked to sign a document disavowing comments the Sri Lankan government deemed sympathetic to the Tamil Tigers shortly before he was ejected from the war-ravaged country.

The Liberal MP and former Ontario premier arrived in Colombo, the capital, late Tuesday armed with an entry visa and flanked by two officials from the Canadian High Commission.

He was there to meet with aid groups and officials from the United Nations' refugee agency, as well as to assess the physical and emotional wreckage one month after the end of a 25-year civil war with Tamil separatists.

But the Liberal foreign affairs critic was flagged by a border agent upon arrival at the Bandaranaike International Airport.

> **"They gave me a thing that I could sign — that they might reconsider the decision."**
> MP Bob Rae

Fifteen minutes after the customs official took his Canadian passport for further investigation and several telephone calls, Rae learned he was being denied entry to Sri Lanka.

There was no reason given. The clock was ticking down to midnight. Appeals to senior immigration officials were fruitless.

So Rae, a man who spent his 25th wedding anniversary travelling with his wife through Sri Lanka in 2005, went to sleep in the airport, waking a few hours before his forced departure.

"We finally got a message saying that if I admitted that I had made statements that were ill-informed or something like that — and they gave me a thing I could sign — that they might reconsider the decision," Rae, who has travelled 10 times to the country in the past decade, said by telephone from London.

No one would tell him what specific statements had so offended the government so he refused to sign the document. TORSTAR NEWS SERVICE

Searching for a Career in Criminal Justice?
Our graduates have what it takes to work for:
Calgary Police Service | Animal & Bylaw Services
Canada Border Services | Alberta Correction
Alberta Sheriff's Department | Private Security
Plus many more

- Learn from internationally recognized experts
- Theoretical and hands-on learning (fingerprinting, interviewing, crime scene investigation, etc.)

Part-time & full-time classes are available!
Complete a 2 year Diploma in only 1 year
Investigate your future by calling: (403) 235-9300
Website: www.columbia.ab.ca / Toll-free: 1-888-235-9370
FREE courses may be available to assist in meeting minimum requirements to enter the program.
COLUMBIA COLLEGE "Quality Education Employers Value"

GET A GREAT NEW CAREER IN LESS THAN A YEAR!

DIPLOMA PROGRAMS

HEALTH CARE: Massage Therapy ✓ | Medical Office Administrator ☆ | Retail Pharmacy Technician ✓☆ | Medical Administrative Assistant ✓
TECHNOLOGY: Network and Internet Security Specialist ✓ | Help Desk Support Analyst ✓
BUSINESS & LEGAL: Paralegal ☆ | Business Administration E-Commerce Management ☆ | Accounting and Payroll Administrator ✓☆ | Professional Legal Assistant ✓ | Oil & Gas Administrative Assistant ✓☆ | Computer Graphic Design ☆ | Business Administration Management ✓☆

- Financial Aid Available to Qualified Applicants
- Career Services Assistance
- High Graduate Employment Rates
- 9 Campuses in AB
- Classes Filling Fast – Call Now to Reserve a Seat

* Not All Programs Available At All Campuses.
☆ Pertains To A Reeves College Program
✓ Pertains To A CDI College Program

REEVES COLLEGE Guiding Your Success 1-800-710-1448 WWW.REEVESCOLLEGE.CA
CDI COLLEGE BUSINESS • TECHNOLOGY • HEALTH CARE 1-888-245-6827 WWW.CDICOLLEGE.CA

Free anti-virus from Microsoft

4 Microsoft is getting ready to unveil a long-anticipated free anti-virus service for PCs that will compete with products sold by Symantec Corp. and McAfee Inc. REUTERS

World

UN agrees to sanctions

World powers yesterday agreed to expand sanctions to punish North Korea for its recent nuclear test and weapons program, as Russia said it expected the North to launch another provocative missile test.

The draft UN sanctions resolution, written by the United States and endorsed by the four other permanent Security Council members, plus Japan and South Korea, was discussed at a closed-door meeting of the 15-nation Security Council. The end result reflected compromises to satisfy Chinese and Russian objections. Beijing and Moscow had opposed language in earlier drafts requiring all countries to inspect North Korea ships carrying suspicious cargo that might violate a partial UN trade and arms embargo. In the latest version, the Security Council calls upon states to inspect suspicious sea, air and land cargoes but does not demand it. North Korea has angered the region in the past few weeks with missile launches, threats to attack the South and a nuclear test, prompting U.S. and South Korean forces to raise a military alert on the peninsula to one of its highest since the 1950-53 Korean War. REUTERS

Nuclear-free?

• Russian prime minister Vladimir Putin said yesterday he was in favour of a world free of nuclear weapons if other countries were willing to pursue the same goal. Speaking at a news conference, Putin said: "Why do we need nuclear weapons? If other nuclear states are ready for (a nuclear-weapons-free world), we are too."

One killed in museum attack, gunman, 88, hospitalized

SHOOTING An elderly gunman linked to an anti-Jewish website killed a security guard at the U.S. Holocaust Memorial Museum in Washington yesterday and was wounded when guards returned fire.

The guard, Stephen Tyrone Jones, died at a local hospital after being shot with a rifle, officials said.

The museum said it would be closed today in his honour.

"There are no words to express our grief and shock over these events," the museum said in a statement.

The gunman was in critical condition after the incident, authorities said.

A federal law enforcement official said investigators had identified James W. von Brunn, 88, as the potential suspect and linked him to a website that expresses anti-government and anti-Jewish sentiments.

"I think this is an extremely isolated incident," Washington Mayor Adrian Fenty said. "In these days and times you never know when someone is going to grab a gun and use it in an inappropriate way as was done today."

The museum, a memorial to the six million Jews killed by Nazis in the Holocaust, is near the National Mall where many of Washington's monuments are located. REUTERS

Iran **Ahmadinejad rally**

DAWOUD SADOUN/REUTERS

A woman reacts yesterday at a rally for Iranian President Mahmoud Ahmadinejad, where he accused election rivals of adopting smear tactics used by Adolf Hitler, and saying they could face jail time for insulting him.

News in brief

DRUGS Cocaine use in England rose substantially in the five years to 2008 because of its cheapness, availability and increased social acceptance, a nationwide study said yesterday. London was described as the epicentre of cocaine use in England, with an estimated 47,000 users. Other regions are catching up and all sections of society are part of the trend, the report said. It also found that women's cocaine use had shot up and almost matched men's consumption. REUTERS

WHO discussing pandemic?

FLU The World Health Organization has called an emergency meeting of experts today to discuss the spreading outbreak of influenza A (H1N1), also known as swine flu, in a sign the UN agency may be poised to declare a pandemic. WHO director-general Margaret Chan was drawing up her own evaluation ahead of the meeting.

WHO spokesman Gregory Hartl said the expert committee would consult "on the state of the outbreak." The strain, which emerged in April in Mexico and the United States, has spread widely in places including Australia, Britain, Chile and Japan.

The agency said Tuesday it was on the verge of declaring the first influenza pandemic in more than 40 years. REUTERS

Chrysler to restart production: CAW
Vehicles could be rolling off the assembly lines at Chrysler Canada plants within three weeks as the company's parent pulls away from bankruptcy protection with a new partner following a two-month shutdown, according to the Canadian Auto Workers union. **TORSTAR NEWS SERVICE**

Business

DOLLAR		OIL	TSX
0.40¢	C$ $90.25¢ US	$71.33 US	10,597.98
	US$ $1.1080	$1.32	50.12

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Odd tricks for job hunters

U.S. survey finds creativity on rise with desperation

U.S. job seekers are using unusual gimmicks to grab the attention of potential employers, such as in one case sending a shoe along with a resumé to get a "foot in the door," said a survey released yesterday.

Almost a fifth of hiring managers report seeing more unconventional tactics this year, compared with 12 per cent who said so last year, according to the study by CareerBuilder.com, an online jobs site.

Faced with the highest unemployment in 25 years in the United States, candidates are trying a variety of tricks, including handing out resumés at stoplights; staging a sit-in in a company lobby to demand a meeting with a director; and going to the same barber as the company chairman to have the barber speak on his behalf.

"The search for employment is taking longer and is more competitive than it has been in past years," said Jason Ferrara, senior career adviser at CareerBuilder, in a statement. "To compensate, some candidates have turned to extreme tactics."

But to anyone considering such tactics, he cautioned: "While unusual job search antics may attract the attention of hiring managers, they need to be done with care and professionalism so that candidates are remembered for the right reasons."

The online survey was conducted among 2,543 hiring managers and human resource professionals. **REUTERS**

Personal touch

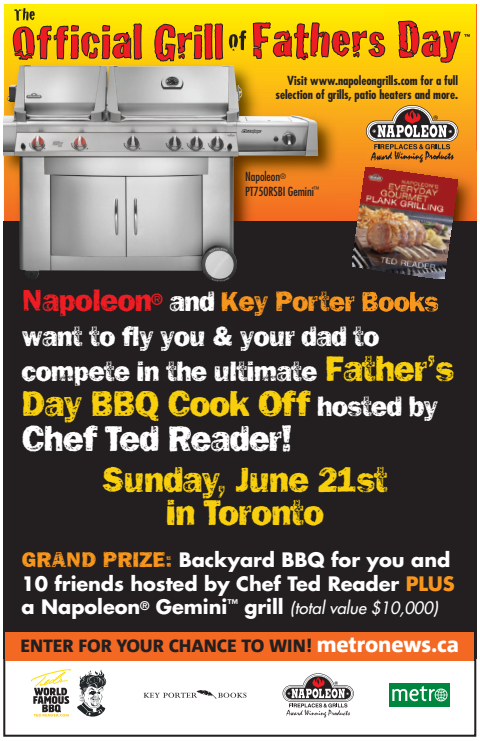
- The survey includes reports of job hunters sending a cake designed as a business card with the candidate's picture and handing out personalized coffee cups.

Business in brief

TRADE Canada unexpectedly posted a trade deficit in April on slumping exports, showing the economic crisis is still biting despite talk of a recovery. The deficit for April was $179 million, the third time the balance had slipped into the red since December. Until that month, Canada had posted surpluses for almost 33 years.

HOUSING The prices of new homes in Canada in April fell by 0.6 per cent from March and by three per cent from April 2008, the largest year-on-year decline for more than 17 years, Statistics Canada said yesterday.

WIND New rules proposed by the Ontario government would forbid the placement of large wind turbines closer than 550 metres to a residence, a distance that could affect the economic viability of many wind projects across the province. **METRO NEWS SERVICES**



LOCAL
Publisher, Steve Shrout
Managing Editor, Darren Krause
Distribution Manager, Dave Mak

NATIONAL
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Comment

Life is too short for family feuds

Relating

Now that U.S. President Barack Obama is back from his make-nice mission to the Middle East, perhaps Air Force One could drop him off in southern Ontario to tackle another intractable conflict.

One of my headaches with this column is striking the balance between drawing on personal experience and messing with my relationships by writing about them. Scientists cite the "observer effect," whereby the very act of observing a phenomenon affects the phenomenon itself. Also, there's always the risk that those chronicled will kick my ass.

And so it is with some trepidation that I refer to a nasty squabble in my family. My grandparents were, until recently, living with my aunt, my cousin and her husband. Hostilities ensued, as is not unknown in this family. Gory details spared, the upshot is the grandparents are now out of the house, with hard feelings all round.

The dispute has united the family, which is nice, but united them against the aunt, the cousin and the husband, which is less so. I went to the house with assembled rellies last weekend to retrieve Grandma and Grandpa's remaining possessions and, of course, chew over the accumulating grievances.

As with any good familial donnybrook, money plays a central role in this one. Over the course of the weekend, I also heard disagreements and contention about, among other things, humidifiers, tables, wine, grass, hairdressing and dolls.

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

Of course, it's really not about any of this trivia, or even the (not insignificant) money. When family fights, it's about everything. Old grudges have a way of bubbling back up, and some unspeakable things can be spoken.

Perhaps, mercifully then, neither side is currently speaking much to the other, except in increasingly legalistic emails. Instead, the two factions consult mostly amongst themselves, reinforcing and magnifying the transgressions of the others, justifying harsher and harsher sanctions.

There have also been bright spots of reasonableness, the uncle attempting to keep heads cool and stick to the issues, my sister just visiting with her pariah cousin and chatting about everything but the elephant in the family room.

There are practical matters that need settling, but after that, I worry about how long the bitterness will last. My grandparents are in their 80s. There really isn't time to waste on a prolonged and pointless estrangement.

Life's too short. It was too short yesterday.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

Feminism battleground is women's bodies

FourthWave

In the wake of the unsettling shooting death of abortion provider George Tiller last week, and the release of The Purity Myth — a new book by feministing.com founder Jessica Valenti — it's clear: Today's feminism battleground is women's bodies.

In it, Valenti warns of the rise of the purity movement, which she says seeks to protect virginity amid a "girls gone wild" world of promiscuity. What it unintentionally does, she argues, is polarize women: "(Girls') sexuality as 'good' — worth talking about, protecting and valuing — and women's sexuality, adult sexuality, as bad and wrong."

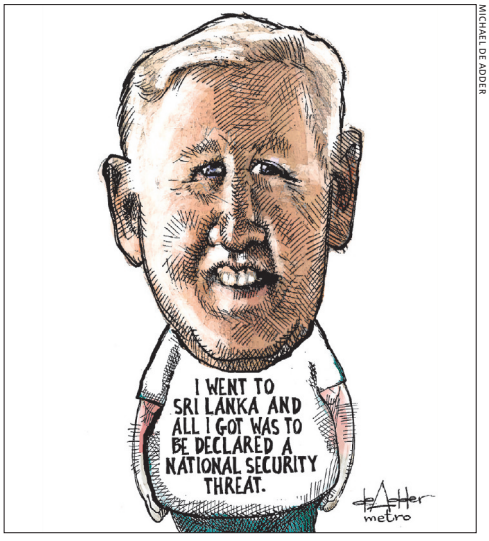
I was floored to read about the movement's attempts to "protect" young women: Purity balls (in which daughters ceremonially pledge their purity to their fathers) or scaring them into chastity by pushing false facts through U.S. government-funded abstinence education.

She dives into some fraught and timely territory, highlighting abortion "informed consent" laws in the U.S. that require doctors to tell women they are "ending a human life" or show ultrasound images of the fetus to the woman. "Its purpose is to shame women into thinking that if they really knew they were getting an abortion ... they wouldn't have one," she writes.

The movement's goal is more insidious than just pushing purity, Valenti argues. Throughout the book, she shows how such practices reinforce notions that women are not responsible enough to manage their sexuality.

No clearer is that message than with Tiller's death. After all, there are few greater political statements than to take away the means for a woman to control her own body.

Canice Leung was a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.



MICHAEL DE ADDER

Tell us your views by email to calgaryletters@metronews.ca or comment on metronews.ca or on Twitter @metrocalgary
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Calgary 3030 – 3 Avenue NE, Suite 120, Calgary, AB T2A 6T7, Tel: 403-444-0136; Fax: 403-539-4940; Advertising: adinfocalgary@metronews.ca; calgary_distribution@metronews.ca; News: darren.krause@metronews.ca

Jets sign draft pick to rich contract

The New York Jets yesterday reached an agreement on a contract with the fifth overall pick in the 2009 NFL Draft, quarterback Mark Sanchez. The team didn't announce terms of the deal, but several reports say it's a five-year contract worth up to $60 million US. That would make Sanchez the highest-paid player in Jets history. METRO NEWS SERVICES

Sports

Ronaldo to visit Canada?

It appears Canadian soccer fans will be treated to one more international superstar on Aug. 7 when Toronto FC hosts Real Madrid. Christiano Ronaldo, left, reportedly met with Real Madrid doctors in L.A. yesterday. The international transfer window opens July 1, at which time Ronaldo is expected to join the mega club. For more soccer news, check out It's Called Football at metronews.ca/blogs. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

AL BELLO/GETTY IMAGES

The image of this missed opportunity in Game 7 of the 2003 Stanley Cup final is seared into Dan Bylsma's memory. Now the head coach of the Pittsburgh Penguins, Bylsma is hoping his players have a better result against the Detroit Red Wings tomorrow night.

Bylsma pictures a better ending

Stanley Cup
2009 **Final**

Dan Bylsma is not sure if he saved the newspaper clipping. Didn't need to. The photo is seared in his memory.

It was a picture taken during Game 7 of the Stanley Cup final in 2003 and it shows Bylsma, then a player with Anaheim, attempting to swat a puck out of the air past New Jersey goaltender Martin Brodeur. Bylsma missed. The score remained 0-0 and the Devils went on to win the game 3-0 and the Cup.

"I had one more swing at it that I failed to make contact with," recalled Bylsma, now the coach of the Penguins, as he wondered if better batting skills might have changed the game's outcome.

"But that's the agony and the beautiful thing of sport, that we play a game and we play it ... to win a Cup, to win a trophy, to be the best. When you don't get it, it's painful. And when you get it, it's glorious and you get a lot of good pictures. You take the bad ones if you don't win and you put them in a basement in a box somewhere.

"We're looking for one we can hang on the wall."

That picture perfect ending is what both Pittsburgh and Detroit are striving for tomorrow night when they meet in a Game 7 at Detroit's Joe Louis Arena to decide this year's Stanley Cup champion.

TORSTAR NEWS SERVICE

SCOREBOARD

MLB

AMERICAN LEAGUE

YESTERDAY

TORONTO at Texas (ppd - rain)
Kansas City 9 Cleveland 0
Seattle 4 Baltimore 1
Tampa Bay 9 L.A. Angels 5
Boston 6 N.Y. Yankees 5
Detroit 2 Chicago White Sox 1
Minnesota at Oakland

TODAY

TORONTO at Texas
Detroit at Chicago White Sox
Minnesota at Oakland
Kansas City at Cleveland
Seattle at Baltimore
L.A. Angels at Tampa Bay
N.Y. Yankees at Boston

NATIONAL LEAGUE

YESTERDAY

Philadelphia 5 N.Y. Mets 4 (11 ings)
Pittsburgh 3 Atlanta 2
St. Louis 13 Florida 4
Houston 2 Chicago Cubs 1
Cincinnati at Washington
Colorado at Milwaukee
San Francisco at Arizona
San Diego at L.A. Dodgers

TODAY

St. Louis at Florida
Pittsburgh at Atlanta
Chicago Cubs at Houston
Colorado at Milwaukee
San Francisco at Arizona
Cincinnati at Washington
Philadelphia at N.Y. Mets

NHL

TOMORROW

Pittsburgh at Detroit

NBA

TODAY

L.A. Lakers at Orlando

SUNDAY

L.A. Lakers at Orlando

TUESDAY, JUNE 16

x-Orlando at L.A. Lakers

THURSDAY, JUNE 18

x-Orlando at L.A. Lakers

x - Only played if necessary

Career Finder

To advertise contact Metro Calgary at
t: 403-444-0136 or
e: adinfocalgary@metronews.ca

CHRISTI TALENT MANAGEMENT INC.

HAVE FUN MAKING MONEY AS AN ACTOR OR MOVIE EXTRA ON CALGARY FILMS?

CONTACT ROBIN (403)-521-0077

FIND TRUSTED BUSINESSES
RECOMMENDED BY
METRO READERS

Join our **Metro Readers Community** at **metronews.ca/gigpark** where you can find trusted businesses that other Metro readers recommend such as mechanics, wedding planners, photographers, plumbers, flower shops, and so much more...

The most recommended businesses will be published in Metro.

JOIN GIGPARK & YOU COULD
WIN A 10" EEE PC!

VISIT TODAY!
metronews.ca/gigpark

gigpark™ metro

No purchase necessary. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes July 31, 2009 at 11:59pm. For full contest rules and details, **visit www.metronews.ca**

'One step closer'
Jim Balsillie said he's "one step closer" to moving the Phoenix Coyotes to Hamilton even though he faces a hefty relocation fee. METRO NEWS SERVICES

Habs have new suitors

Quebecor Inc. and the Molson brewing family squared off with competing offers yesterday to buy the Montreal Canadiens.

Neither bidder released financial details of their offers to the team's current majority owner, U.S. entrepreneur George Gillett, but both said they were committed to keeping the 100-year-old team in Quebec.

"The team has been part and parcel of our history for a hundred years. We therefore regard this as a golden opportunity for a Quebec group to return this grand institution to local ownership," Quebecor chief executive Pierre Karl Peladeau said in a statement.

Quebecor Inc. said its offer by subsidiary Quebecor Media had the backing of the media unit's co-owner, Caisse de depot et placement du Quebec.

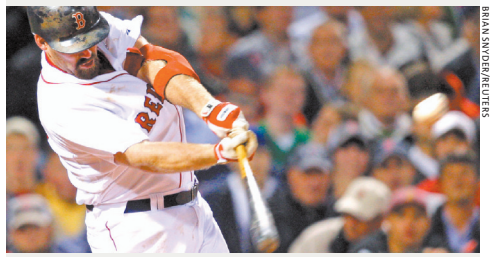
Geoffrey Molson, a director of Molson Coors Brewing Co., said he and brothers Andrew and Justin had teamed up to make the offer for the team, in which the brewing company already has a 20 per cent stake.

"We think the offer has all the ingredients to be well received by the potential seller and the National Hockey League," said Molson, whose family previously owned the team when it won 11 of its 24 Stanley Cups.

Gillett, who owns 80 per cent of the Montreal team, has been reportedly talking with financial advisors about what to do with his various sporting assets, which include English Premier soccer team Liverpool. REUTERS

ACCESS LEGAL RESEARCH INC.
• CRIMINAL PARDON /U.S. WAIVER
• 24 HR CRIMINAL RECORD CHECK
• FINGERPRINTING
• LOW COST NO FAULT DIVORCE
• SMALL CLAIMS COURT TO 25K
CALL 403-228-2469

BoSox Yook goes deep



BRIAN SNYDER/REUTERS

Boston's Kevin Youkilis hits a two-run homer against the New York Yankees last night at Fenway Park in Boston. The Red Sox won 6-5 and took sole possession of first place in the AL East.

PARENTS AND PROSPECTIVE STUDENTS ARE INVITED TO JOIN US

INVEST IN YOUR FUTURE - 2 YEAR DESIGN & ENGINEERING TECHNOLOGY DIPLOMAS

Do you like making things? Math, physics and design are no problem? Do you want to work towards becoming a designer or engineer? SAIT offers:
- Small class sizes
- Hands on training
- Industry sponsored projects
- High employment rates
- University transfer options

JOIN US ON TUESDAY, JUNE 16TH AT 6:30PM IN ROOM T114
Learn about:
- Robotics and Automation
- Mechanical Design Technology
- Mechanical Engineering Technology
- Welding Engineering Technology

TO REGISTER CALL 403.284.8375

worldskills Calgary2009

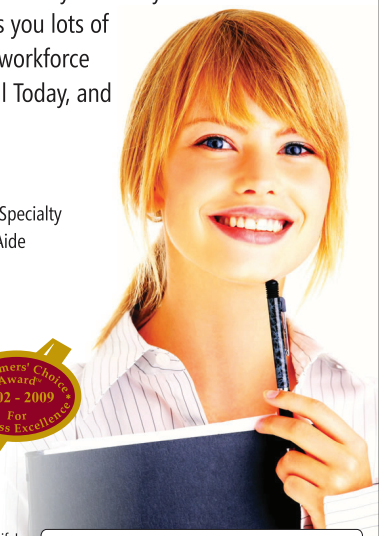
FURTHER YOUR PASSION
SAIT POLYTECHNIC
FOUNDING SPONSOR

Go Ahead.
Launch Your Life!

If you're looking for a new career, this is the place for you. Learn everything you need to choose your career and programs of study , and get on your way to a life you want. Academy of Learning gives you lots of choices and flexibility. Get in the workforce quicker in less than one year. Call Today, and Start Training Right Away!

- Business Administration
- Medical Office Assistant / Unit Clerk Specialty
- Government of Alberta Health Care Aide
- Office Administration
- Computerized Payroll Accounting
- Business Office Skills
- Web Designer
- Network Administrator
- Payroll Administrator
- PC Support Specialist
- and more!

Consumers' Choice Award 2002 - 2009 For Business Excellence



* May not be available at all locations.
Financial Assistance may be available to those who qualify!

Calgary Northeast Campus
#260, 495-36th Street NE
Call Today! Ph. (403) 569-8973

Academy OF LEARNING Career and Business College
www.academyoflearning.ab.ca

Cup ratings rebound
Canadian hockey fans returned to their television sets to watch Game 6 of the Stanley Cup final, according to the CBC's ratings. The Tuesday night game averaged 2.596 million, a figure substantially higher than 1.612 million viewers who witnessed Game 5 — the lowest-rated game of the series thus far. METRO NEWS SERVICES

Crandell's new Green Team

Former Roughrider starts new career working with General Bio Energy

LAURENCE HEINEN
for Metro Calgary

Following a four-year stint with Saskatchewan's Gang Green, Marcus Crandell has joined a different type of Green Team.

Crandell suited up for the Saskatchewan Roughriders from 2005-08 before being released last August.

Marcus Crandell

Although the 11-year veteran still has aspirations of playing for another Canadian Football League team, Crandell has switched his focus to his duties as vice-president of marketing and public relations with General Bio Energy.

"The guys are well aware of that and they're willing to work around whatever happens," said Crandell, who helped guide the Calgary Stampeders to a Grey Cup title in 2001. "Other guys that play in the CFL, they have other jobs as well and they work around it."

Crandell joined the Regina-based firm last October and has been working hard to promote the launch of the company's MOPO Brand of fuels, fuel conditioners and environmentally-friendly canola-based additives and lubricants.

"It's all about word of mouth," Crandell said in regards to promoting the company that specializes in developing alternative energies and fuels. "I've been talking to everyone I know, telling them about ... what we're trying to do."

General Bio Energy president Troy Metz said Crandell will quarterback the company's "Green Team" of investor relations.

"Marcus believes in our vision and is passionate about sustainable products," Metz said. "We believe that his success on the field and leading an aggressive team will translate into success on our Green Team."

Before joining and investing in General Bio Energy, Crandell toured the company's facility and liked what he saw.

"Our whole plant from seed to tank is a green process," said the 35-year-old native of Charlotte, N.C., who resides in Regina with his wife and two sons. "That's what we're trying to promote. Everybody's looking for an environmental solution, so to speak."

Saskatchewan offensive lineman Jeremy O'Dea is also working as a director with General Bio Energy out of the Regina office, while Calgary offensive lineman Rob Lazeo has joined the company to head up sales in Alberta and British Columbia.

"I just saw it as an opportunity to grow with the company and help them in areas where they want to grow," Crandell said.

Sports in brief

NBA DIVERSITY A new study by the University of Central Florida's Institute for Diversity and Ethics in Sport found that 43 per cent of the professional positions in the NBA's league offices are held by women, giving the league its highest grade for gender. The NBA received men's pro sports' only "A" for a combined grade for race and gender.

BASKETBALL The Sacramento Kings have agreed in principle to make Paul Westphal the club's next head coach.

METRO NEWS SERVICES

Service Directory
To advertise contact Blaine Schlechter at 403-444-0136

PSYCHIC

Mystic Eye Spiritual Readings
47 YEARS EXPERIENCE
100% Guaranteed Results
• Palm • Tarot • Crystal Ball • Energy Readings •
PH: (403) 228-2258
By Appointment Only
Come in today for a better tomorrow
Solve all Problems of Life

THE GREAT OFTHE GREAT MEDIUM & SPIRITUAL HEALERS HERITED TO GENERATION RENOWNED INTERNATIONAL
Are you searching for solutions to your problems? It's never too late to find answers. Madia has 26 years experience as a spiritual healer reuniting loved ones, maintaining harmony in couples, preventing separation, improving business success, protecting against negativity and evil spells. 100% results Guaranteed in 48 hours.
100% RESULTS GUARANTEED IN 48 HOURS
CALL MADIA 403-370-1526 OR 403-475-2589

FINANCIAL

Brokers National 500 loan service
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free: 1-877-776-1660

TAKE A VIDEO BREAK
Visit metronews.ca to watch metrotube of the day
The video everyone's talking about.

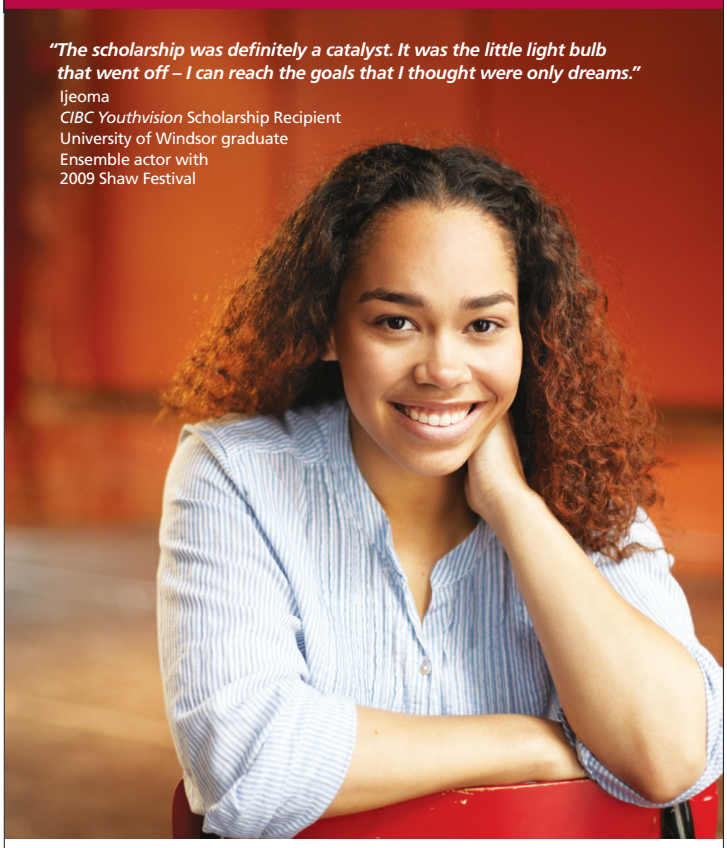
LEGAL

QUICK, EASY, INEXPENSIVE
DIVORCE
LOWEST PRICES IN CALGARY From $399
10 years as family mediators and out-of court divorce specialists
Call now 403-477-8895
divorceeasy499@yahoo.ca

HUDSON'S BAY CO.
TODAY ONLY
THURSDAY, JUNE 11th
TOMMY HILFIGER DRESS SHIRTS
$19.99
REG. $69.50-$79.50
MEN'S SHOES $49.99
BY BOSTONIAN, ROCKPORT, CLARKS, FLORSHEIM AND CLAIBORNE.
INCLUDING REGULAR AND CLEARANCE PRICED ITEMS.
REG. $89.99-$110

Thanks DAD
Special gifts for special Dads
the Bay
Shop early. Don't be disappointed. No rain checks & no price adjustments. Offers available while quantities last.
Selection will vary by store. Savings are off our regular prices, unless otherwise specified. See in-store for details.

Ten years ago
we set out
to change lives
and build futures.



Ten years ago, CIBC, in partnership with Big Brothers Big Sisters of Canada and the YMCA created the *CIBC Youthvision*™ Scholarship Program to address the academic and financial needs of students and to encourage them to pursue post-secondary education.

Realizing that confidence, pride and opportunity can overcome even the most formidable barrier, this unique program includes a post-secondary scholarship valued at up to $36,000, as well as summer internships starting in grade 10 until the completion of university or college.

CIBC Youthvision recipients are also paired with trusted, understanding mentors throughout the entire program, who provide support and guidance as they strive to reach their full potential. Recipients surveyed tell us that being awarded the scholarship opened up opportunities that otherwise would not have been available.

To date, we have invested $10 million in the dreams of 330 *CIBC Youthvision* Scholarship recipients and helped shape their futures in ways that they could have only imagined.

Beyond the *CIBC Youthvision* Scholarship Program, over the past five years, CIBC has invested more than $15 million to further strengthen post-secondary education in Canada.

For more information, visit www.cibc.com/youthvision

Congratulations to the recipients of the 2009 *CIBC Youthvision* Scholarship.

Big Brothers Big Sisters of Canada
YMCA
CIBC For what matters.

™Trademark of CIBC. "CIBC For what matters." is a trademark of CIBC.

Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

The frugal gardener

Vegetable gardening may not be as frugal a strategy as you think. Ask William Alexander, who wrote The $64 Tomato (Algonquin Books, 2007, $13.95) after going overboard on his own garden.

Alexander did the math, and calculated that by the time he was done "investing" in soil additives, plants, water, tomato cages, raised beds and more, the cost of each tomato was $64. Here's how to lower that bill:

Compost. Even a little:

Throwing table scraps (not meat or dairy) into a bin in the corner of your garden will yield rich soil additives.

Focus on exotic foods:

Don't waste your time and money growing basic tomatoes and peppers; they are on sale at the grocery and farmers' market. Instead, choose heirloom tomatoes, Italian peppers, white eggplant.

Grow herbs:

They are probably the most cost-effective item you can put in your garden. Grow basil and coriander from seed; they grow like weeds in many climates. One packet, sprinkled into a planter, will yield enough little plants to keep your whole neighbourhood in salsa and pesto for a year.

Buy smaller plants:

Little trees, shrubs and bushes adjust more easily to their new habitats, and they are way cheaper than big plants.

Sharecrop with your neighbour:

Don't have space? Have too much space? Split the costs of one garden and split the crop.

Get plants for free:

Check Craig's list (craigslist.com), Freecycle (freecycle.org), and your local gardening club for trades and giveaways. Gardening enthusiasts are always dividing plants and not knowing what to do with extras.

Shrink your lawn:

A smaller lawn means more space for flowers that you can cut and give away as gifts, instead of buying trinkets and bottles of wine. It also means less space that uses up water, fertilizer and mowing time.

Share big tools:

Share the gas-powered tiller and the electric trimmer, with your neighbours.

Eat more plant parts:

Greens from turnips, radishes and garlic are all delicious and nutritious. So, as more people are discovering, are dandelion greens.

Freeze as much as possible while it's fresh:

Even if you don't grow them yourself, you can buy berries cheap when berries are in season, corn when corn is in season.

Be lazy:

Leave pulled weeds and spent vegetable plants in the garden at the end of the summer. Turn them into the soil sometime during the fall. Another $4 bag of soil enrichment you don't have to buy. REUTERS

summer camps
CANADA OLYMPIC PARK

camp torch
Ages 4 - 18
STARTING FROM $149
Discover adventure at Canada Olympic Park! Camp Torch programs provide safe and exciting activities for a wide range of age groups. Kids will experience a variety of Olympic sports, the Ropes Challenge Course, interactive games and crafts all summer long. Half-day camps, a healthy lunch program and after-camp care options are available.

mountain bike programs
Ages 4 - 18
STARTING FROM $ 99
For the aspiring mountain bike rider - sign up for one of our summer programs and develop a range of riding skills in a safe and fun learning environment. Programs are available for a variety of skill levels and age groups.

CANADA OLYMPIC PARK
winSPORT CANADA
403.247.5452
www.winsportcanada.ca

PHONES ON SALE.

Cut a deal, not your dialogue.

Samsung m230™ **$0**
on min. 2-yr term
($75 no term)

BlackBerry Pearl® **$25**
on min. 3-yr voice and
data plan ($450 no term)

LG Rumour™ **$25**
on min. 2-yr term
($125 no term)

Samsung Cleo™ **$0**
on min. 2-yr term
($125 no term)

For a limited time only. While supplies last.

solomobile.ca 1 877 999-SOLO

Solo™ mobile

Available at the following Solo Mobile kiosks:

CALGARY
Market Mall
Marlborough Mall
Sunridge Mall

EDMONTON
Bonnie Doon
Edmonton City Centre East
Southgate Centre
West Edmonton

Available at: Costco Wholesale · booth the telephone booth · Visions Electronics · Walmart · Wireless etc... · Wirelesswave

Offer ends June 30th, 2009; with new activation. Available within Solo Mobile network coverage areas. Long distance and roaming charges (including foreign taxes) may apply outside your local area. Upon early termination, price adjustment charges apply. Subject to change without notice; not combinable with other Offers. While supplies last. Taxes extra. Other conditions apply. Solo and Solo Mobile design are trademarks of Bell Mobility Inc.

Freezing tips

To freeze berries whole, rinse lightly, dry well and hull. Arrange in a single layer and freeze until firm, then pack in plastic bags or containers. To freeze with sugar, sprinkle sugar over sliced strawberries – ¾ cup (175 ml) sugar per 4 cups (1 L) sliced strawberries. Mix well before packing into containers. METRO NEWS SERVICES

Food

Strawberries pack a wallop of healthy nutrients and with only 56 fat-free calories per cup. They provide folate, fibre, magnesium and potassium as well as antioxidants.

BARB HOLLAND/FOR METRO CANADA

High C

Strawberries are high in Vitamin C — just 1 cup (250 ml) meets your daily needs.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Strawberry fields forever

Don't believe The Beatles — local strawberries won't be around for long

À la carte

Homegrown strawberries are so worth the long wait. While the season always seems so short — usually a four week window from mid-June into late July (depending on weather of course) — some growers are planting "day-neutral" strawberries, which ripen from mid-July to mid-October, with heaviest production in August and September. It is a small percentage but it's still tasty news.

Whether you pick your own or buy at a local farm or market, now's the time to enjoy ripe, sweet and juicy handpicked strawberries.

Super-Simple Sorbet

From author and New York Times columnist Mark Bittman's latest book, Food Matters, A Guide to Conscious Eating (Simon & Schuster), here is an easy and healthy recipe from a book that is a worthy read. I've only made this with plain yogurt and it works well. Makes about 3 cups (750 ml).

Whether you pick your own or buy at a local farm, now's the time to enjoy ripe and juicy strawberries.

INGREDIENTS:

- 1 lb (500 g) frozen strawberries or other seasonal fruit
- 1/2 cup (125 ml) plain yogurt, crème fraiche, or silken tofu
- 1/4 cup (60 ml) sugar, more or less
- Water as needed

METHOD:

Place strawberries, yogurt and sugar in food processor, and process until puréed and creamy, stopping to scrape down the sides of the bowl as needed. If the fruit doesn't break down completely, gradually add some water through the feed tube a tablespoon or two at a time, being careful not to overprocess the sorbet into liquid.

Serve immediately or freeze. To serve later, allow 10 to 15 minutes for the sorbet to soften at room temperature.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

On the web

New blogger:

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog. Visit metronews.ca/globalpeasant for her musings on a raw food diet challenge and a recipe for Rum Balls.

Wine columnist:

- "With summer just around the corner, a wine fan's thoughts turn to refreshing juice and drinking al fresco. I'm partial to a nicely chilled rosé." Read Peter Rockwell's weekly Liquid Assets column, including his rosé wine pick, online at metronews.ca/liquidassets.

Save more than money

the new fido
Giving low prices a good home.

Introducing **Canada's first** eco-friendly phone made partly with recycled water bottles[1]. Only at Fido.

$0
With 2-year Fido Agreement.
Without agreement: $65.

Plans from
$15
per month[2]

TALK & TEXT
› No System Access Fees
› Per-second billing

More phones at $0
With 2-year Fido Agreement.

Owner's guarantee

1. No System Access Fees (others charge up to $6.95 per month)
2. Text messages to warn you before you exceed your plan
3. No term contract necessary
4. Earn FidoDollars™ to upgrade your phone for less

SHOP FIDO.CA
Drop by a store
Call 1-866-301-3436

Offers subject to change without notice. **1.** Phone Housing made from 25% post-consumer recycled plastics. **2.** A one-time activation fee of $35 per line applies. Additional airtime, long-distance, roaming, options and taxes are extra and billed monthly. Plans include a number of sent text messages; text messages received from another mobile phone are free. There is a charge per text message received via *E-mail to your Fido* and for premium text messages. Early cancellation fees apply with a Fido Agreement. ™ Trademarks of Fido Solutions Inc. © 2009 Fido Solutions Inc.

FIDO STORES
Market Mall
Marlborough Mall
Chinook Centre
Southcentre Mall

EXCLUSIVE DEALERS
CELLULAR BABY
Market Mall
Westbrook Mall
GENERATION WIRELESS
Deerfoot Outlet Mall
NONI WIRELESS
4818 Westwinds Drive N.E., Unit 1146
UNIPAGE
Central Landmark Mall
Dragon City Mall
Pacific Place Mall

FUTURE SHOP booth the telephone booth BEST BUY WIRELESSWAVE
WIRELESS etc... COSTCO WHOLESALE LONDON DRUGS WAL★MART

Bright service, dull food

LunchRush
Carla Ciccone
metronews.ca/lunchrush

Murrieta's West Coast Bar and Grill
200 808 1 Street SW
403-269-7707

Rating: 🌐🌐🌐
Price range: $$$
Reservations: Yes
Client negotiations: Yes
Lunch w/co-workers: Yes
Social Lunch: Yes
Quick solo lunch: No
Time in: 12:30 p.m.
Ordered: 12:50 p.m.
Food arrived: 1:10 p.m.
Time out: 1:45 p.m.
Total time: 1 hour, 15 minutes
Low $: Soup Of The Day, $4.27
High $: Ahi Tuna, $30.77

Murrieta's is a wonderful place to meet a group of friends for lunch, and the dark woods, red brick walls and timeless style of the restaurant all add to its appeal.

We each opted to get a salad and share some appetizers. I chose the Courtyard Salad ($9.43), which came with mixed greens, tomatoes and goat cheese with a balsamic dressing. The salad was pretty standard. My friend Dana was excited to order the Steamed P.E.I. Mussels ($14.41), and I was eager to try them. Unfortunately, they weren't very fresh and both the sauce and the mussels had an unpleasant and distinctive "earthy" flavour. Next up was the Tempura Crusted Calamari ($9.61). It was light and came with a savory red pepper and cucumber yogurt sauce for dipping. Our table full of hungry girls also tried the Sweet Italian Sausage flatbread ($12.97). It was decent, but not made with much finesse and the abundant chunky sausage made it cumbersome to eat.

Of our four picks, the Calamari stood out for me as the tastiest, although this wasn't overly impressive, as calamari is usually a safe bet at most restaurants.

I enjoyed my Murrieta's experience, but mainly because of the company I was with, the stylish ambiance, and the excellent service. The food was good, but it should be better.

Pet odour removal, the natural way

Fresh Wave also has a line of pet products to rid you, your house and your pet of those odious odours. Like its household product line, Fresh Wave (fresh-wave.com) for pets neutralizes odours rather than masking them like other deodourizers. METRO NEWS SERVICES

Metro Homes

Get rid of odours

According to Fresh Wave, most deodourizers are chalk full of chemicals. To rid your home of odours naturally, try Fresh Wave's product line available at some pharmacies or online at fresh-wave.com. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Eco-friendly, made in Canada furniture

Sunny Side

BRIAN COULTON
for Metro Canada

When Marnie Warman noticed there was furniture her store's clients wanted that she couldn't find, she decided there was only one thing to do: Design it herself.

"We found out there was a need in Canada for well-made, but also very well-priced designer furniture that has just the right look and just the right style but is also exceptional quality," said the designer and owner of Burlington, Ont.'s Interior Design House, with more than 20 years design experience under her belt.

The other half of the "we" to whom she refers is Andrew Hood, an English expat designer Warman's worked with for three years since meeting him through a mutual friend. Together, they form Warman Hood; The name of the new and first line of designer furniture manufactured by Weston, Ont.-based Future Fine Furniture.

The duo designed its line with a trio of tenets in mind — all pieces must be handmade, use Canadian products and be eco-friendly. "How furniture is constructed is just as important, if not moreso, than the style," said Warman. "You want to buy a sofa that you know, in a year or two, is still going to have the same integrity, structurally, that it had the day you bought it. We mixed style with great quality with this line."

Robert Infusino can attest to that quality. He's the co-owner of Future Fine Furniture and said the materials used in a Warman Hood piece are of higher quality than most furniture.

"It's bench-made, meaning one craftsman makes it on his own," said Infusino. "The frames are all kiln-dried Canadian maple and everything is double-dowelled, glued, screwed and corner blocked."

Once a frame is built, it's filled with BioPlush foam; an environmentally friendly filling alternative Warman said ultimately lessens greenhouse emissions.

"It reduces our dependence on petrochemicals because it's all soy-based," she said. "It's manufactured from a natural seed-based oil, like soybean, so it decreases our dependence on fossil fuels."

Placing as much emphasis on a piece's interior as its exterior is necessary, said Infusino, as he finds customers are inquiring more and more about the structure of the products they buy when they walk into furniture stores.

"Rather than buying blindly on price, they're asking where it's constructed and what it's made of," he said. "The consumer has probably become better educated because of the economic circumstances that the country is in, and feels returning back to Canadian-made goods would be a good idea for the future."

Marnie Warman and Andrew Hood's, inset, Future Fine Furniture aims to bring ecologically responsible, hand-made in Canada furniture to homes everywhere.

All parents hail the little 'bunkie'

HomeScape

Sylvia Putz
metronews.ca/homescape

If you're a cottager, and you've reached that age when your children, or nieces and nephews have suddenly morphed into preteens and young teens, I'm predicting that a bunkie may be in your near future.

If you've never heard of a bunkie, you're not the only one. It's a word I first heard at a friend's cottage north of Kingston, Ont. It's a small house, often with one room, that essentially serves as a place for guests to sleep when they come stay at the already overflowing family cottage.

I think it's especially handy when children grow into adult-sized people who can no longer fit handily into the pull-out couch or cot in the corner of the "family" room at the cottage. Plus, they really don't want to be housed in the same room as their parents anymore, and let's face it, the feeling is mutual.

That's why a bunkie may be just the thing to give everybody their space.

The advantage of a small bunkie is that it can be cost effective if it is small enough not to require a building permit. Most municipalities do not require a building permit for any building below 10 square metres or 108 square feet.

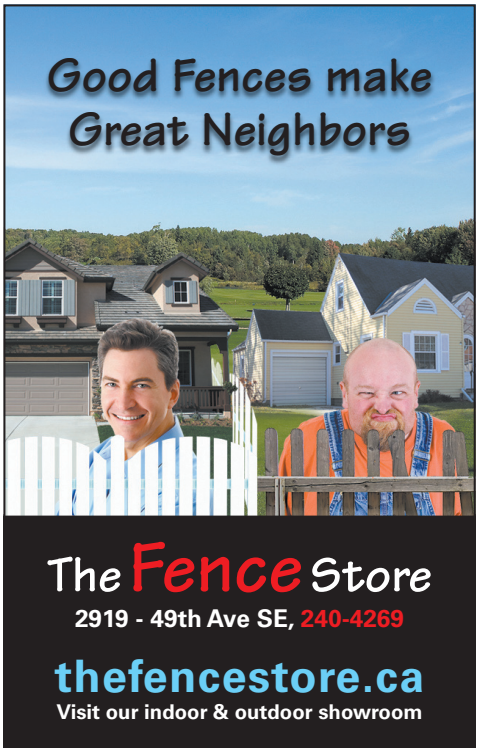
PHOTO COURTESY OF DUROSHED

Toronto-based Summerwood (summerwood.com) sells very attractive bunkie kits and ships throughout Canada.

If you go the bunkie route, the cheapest option is to build it yourself, if you're handy, preferably with recycled windows and doors. Another great option is to buy a bunkie or cabin kit. Toronto-based Summerwood (summerwood.com) also sells very attractive bunkie kits and ships throughout Canada, and prices generally reflect the higher-end look.

But it may be worth it. Just think — you'll be enjoying quiet nights at the cottage with only the distant noises of madly giggling preteens and their friends in the throes of hilarity in the middle of the night.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.



ELLE CANADA

ELLE Canada magazine on sale now!
Find out in the 2009 horoscope special, only in our July issue!
STYLE CONTENT BY ELLE CANADA, SEE MORE AT: **ellecanada.com**

Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Summer hit list

DSquared2 share their summer vacation hot spots

By NATHALIE ATKINSON
Contributing Writer

Dan and Dean Caten, the Canadian design duo behind DSquared2, recently launched a line of sunglasses (inspired by hip-hop icons like Run DMC) and created costumes for Britney Spears' blockbuster Circus tour. But not even a jam-packed schedule can keep them from the beach. From London, Dan shares DSquared2's holiday faves.

● Destination "For 10 years, we've been going to Mykonos. It's a for-sure sunshine vacation." ● Cocktail "A Spritz: a bright orange-red drink made with aperol or Campari and Martini Bianco." ● Beach reads "We love to read trashy magazines and catch up on who's leaving who." ● Packing essentials "A great pair of light baggy jeans, cool sandals and a white shirt. And an HermŹs towel!" ● Summer memory "Swimming at the pool in Goulding Park in North York [in Toronto]. We went there every day from 9 a.m. until it closed. We were bored teens—and we were in love with the lifeguards!" ● Sunglasses at night? "I always bring my sunglasses to the club—we don't go home until noon, so we need them!"

Editors' Pick

TROPICAL PUNCH

Spike your summer wardrobe with hits of sunny citrus hues, sure to freshen any look. Sweet!

Summer lovin'
Beach babes are made in the shade with these Harlow sunglasses ($35, Kensie).

Perfect 10
Burn retinas with an itsy-bitsy bikini in a fiery hue (top and bottoms $22.50 each, Old Navy).

For more, visit:
ellecanada.com

YourDateCoach

YDC Inc.
Private Executive Search

Seeking a Single, Beautiful, Intelligent Woman, ages 20-30.

Our company represents a mid 30's, very youthful, handsome, successful, intelligent businessman. He is a very positive and outgoing person whose perfect Saturday may include tennis, dinner at the River Café, then checking out a unique performance at the Jack Singer.

Our client is interested in meeting a very attractive, fit, stylish, feminine woman. She is intelligent, sweet, and appreciates the little things in life. She is open to extensive travel, is playful and loves adventure of all kinds whether it's a hike in the wilderness or a week in NYC.

If you feel you have the qualities this exceptional gentleman is looking for and the two of you would be a good match, please contact **Christine** at **403.589.6769** or **christine@yourdatecoach.com** **BEFORE JUNE 29th** for a personal interview.

You never know, he could be The One!

(note: fees are paid for by this client)

Save Your Money!

Home Phone Lines From only

comwave Basic $9.95/month

comwave Enhanced $14.95/month
UNLIMITED Local Calling
✓ All Features FREE

comwave Unlimited Canada $19.95/month
UNLIMITED Calling to Canada
✓ All Features FREE

comwave One-Rate $29.95
UNLIMITED Calling to Canada & U.S.A.
✓ All Features FREE

All Features FREE!

✓ Keep Your Existing Phone Number
✓ Free Comwave to Comwave calls WORLDWIDE!
✓ Caller ID
✓ Voicemail
✓ Call Forwarding
✓ Call Waiting

LIMITED TIME OFFER - CALL NOW!
6 MONTHS FREE!
• SATISFACTION GUARANTEED!
• KEEP YOUR EXISTING PHONE NUMBER!

See How Comwave Compares to the Competition...

Home Phone Line	0 Features	+ 5 Features
Rogers	$21.95/month	$30.95/month
Bell	$17.95/month	$32.95/month
Yak	$26.95/month	$38.95/month
comwave	$9.95/month	$14.95/month

SAVE UP TO $377 THIS YEAR!

403-451-5800
comwave
comwave.ca

Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. Home Phone Lines: * VoIP 911 has certain limitations versus traditional 911. The rates are based on a 1 year term. 6 Months Free - You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. Rates from Rogers are based on the rates advertised on www.rogers.com, May 28, 2009. Rates from Bell are based on the rates advertised on www.bell.ca , May 28 2009. Rates from YAK are based on the rates advertised on www.yak.ca, May 28, 2009. Save up to $377 includes Comwave's 6 months free. The option to keep your existing phone number may not be available in all areas. While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Terms and conditions apply, see www.comwave.net for details.

New baby on the way

There's going to be a baby next door. Kendra Wilkinson and her fiancé, NFL star Hank Baskett, are going to become parents, she has confirmed. The Girls Next Door E! reality star told E! News' Marc Malkin. **PEOPLE.COM**

Entertainment

Gossip Girl Gal

Kelly Rutherford has given birth to her second child. The Gossip Girl star welcomed a baby girl on Monday night at a Los Angeles hospital, according to Radaronline.com.

FEMALEFIRST.CO.UK

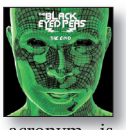
EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

The beginning of The E.N.D.?

Black Eyed **Peas**

Album: The E.N.D.
Label: Interscope/Universal
Rating: ●●½



IF THERE'S ANYTHING we can hope from The E.N.D. it is that the album title's acronym is foreshadowing the band's future. On the group's fifth disc they do what they do best — create dance floor ready beats and saccharine melodies. However, this time they're using heavy electro thumps, copious amounts of vocodor and some of their tunes weave in and out of multiple genres so frequently that they sound like a mash-up. (I Gotta Feeling could be a remix of U2 and the Ting Tings.) Of course this will be huge, but ultimately they've delivered another middling disc.

Bryan Borzykowski/for Metro Canada

Spinal **Tap**

Album: Back From the Dead
Label: Sonic Unyon
Rating: ●●●½

THE GREATEST BAND that never was celebrates the 25th anniversary of This Is Spinal Tap! with a wonderfully packaged new CD/DVD that offers six new songs and reworkings of the 11 originals from the 1984 mockumentary. There's even a reggae version of (Listen to) The Flower People. The Tap are played expertly both musically and theatrically by actors Christopher Guest (Nigel Tufnel), Harry Shearer (Derek Smalls) and Michael McKean (David St. Hubbins). With the help of ringers like Keith Emerson and Steve Vai, this record fixes early production mistakes and raises metal mediocrity to new lows with tracks like the always-hinted-at-but-never-heard Jazz Odyssey. Once you've spent an hour putting together the cardboard stage and figurines, the joy is figuring out from which classic rock album each riff is lifted. The DVD deserves careful study as Guest, Shearer and McKean deadpan their way through the history of each track.

Graham Rockingham/for Metro Canada

UNIVERSAL MUSIC PHOTO

On new disc The E.N.D., the Black Eyed Peas create dance floor ready beats and saccharine melodies.

Music**Reviews**

music@metronews.ca

Sonic **Youth**

Album: The Eternal
Label: Matador
Rating: ●●●●

SONIC YOUTH has released one of the most accessible albums of its career. The Eternal is filled with grungy distorted down strokes and infectious melodies, but it's not a pop album like the last record was. This disc is filled with discord, mystery and frustration, not to mention a newfound energy and all of the good, focused songwriting that's made this foursome famous.

Bryan Borzykowski/for Metro Canada

Paolo **Nutini**

Album: Sunny Side Up
Label: Atlantic
Rating: ●●●●

PAOLO NUTINI IS a 22-year-old Scottish singer with an Italian background and a voice of that fits as easily into the Village folk scene of the early '60s as it does in the reggae-ska tradition of Toots Hibbert, the kick-ass soul of Otis Redding and the Mardi Gras boogie of Professor Longhair. What's shocking is how easily all these retro shoes fit him. There are times, especially on folkie tracks Tricks of the Trade, Chamber Music and Simple Things, when he sounds like a wizened old veteran of the coffee house circuit.

Graham Rockingham/for Metro Canada

Listen to this week's reviewed music at
metronews.ca/music

Kenya's**Style**

Kenya Hunt

Read the blog at
metronews.ca/kenyasstyle

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/11/09	267	351	- ACCESS	Alberta Primetime (Live)		Greek		Old Christine	Old Christine	Private Practice		Primetime
	243	317	3 CFCN	etalk	Hollywood	(8:01) The Listener		CSI: Crime Scene Invstgtn.		So You Think You Can Dance		News (N)
	-	-	4 OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	-	371	5 KXLY	NBA Basketball Finals Game 4 -- Los Angeles Lakers at Orlando Magic.					Jimmy Kimmel	Storm Stories	Storm Stories	Entertainment
	245	306	6 CBRT	22 Minutes	Laughs	Doc Zone (HDTV)		Doc Zone (HDTV)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Harper's Island "Seep"		Bones (HDTV PA)		The Office	The Office (N)	News Hour
	246	-	8 CKAL	Law & Order: SVU		Law & Order: UK "Care"		Jimmy Kimmel	Friends	30 Rock	30 Rock	Your City
	119	705	9 CBXFT	Des squelettes	Gars fille	Perdus (HDTV) (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Alberta
primetime	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors		Old Christine	Old Christine	CSI: Crime Scene Invstgtn.		The Mentalist
	-	374	14 KSPS	NewsHour With Jim Lehrer		Adventure Lodges		Midsomer Murders		MI-5 "Clean Skin"		Artists Den
	502	390	15 CBC	CBC News: The National		CBC News: The National		CBC News: The National		CBC News: The National		Nature-Things
	-	370	16 KHQ	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	I'm a Celebrity, Get Me Out.		The Office	30 Rock	The Listener
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV PA)		So You Think You Can Dance		News (N)
	297	652	37 WPIX	Supernatural (HDTV)		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
news	500	500	29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400	21 TSN	NBA Basketball Finals Game 4 -- Los Angeles Lakers at Orlando Magic. (HDTV) (Live)						SportsCentre	E:60	
	408	418	27 net	(6) MLB Baseball Toronto Blue Jays at Texas Rangers.				Sportsnet Connected		Sportsnet Connected		MMA Conn
	410	403	30 SCORE	Poker Challenge		Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score
	411	457	44 OLN	Mantracker		Bounty Hunter	Bounty Hunter	Departures		Mantracker		Bounty Hunter
	417	406	48 SPEED	Pinks -- All Out (HDTV)		Wrecked (N)	Wrecked (N)	Pimp My Ride	Pass Time	Pinks -- All Out (HDTV)		Pinks -- All Out
family	552	543	20 YTV	Drake & Josh	Family Biz	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	In Real Life		Falcon Beach
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545	67 TOON	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	*Pan's Labyrinth* (2006)	
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Tuckerville	The Wilkinsons	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Big Comfy	Zigby	Max & Ruby	Babar	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	The E! True Hollywood Story		Name Is Earl	10 Items-Less	The Beast		News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Style by Jury	Style by Jury	How Clean	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design
	521	560	24 TLC	American Chopper (HDTV) (N)			Truth Be Told	American Chopper (HDTV)			Truth Be Told	Miami Ink
	603	561	25 FOOD	Jamie Oliver's Ministry		Ace of Cakes	Ace of Cakes	Boys Weekend	The Wild Chef	Unwrapped	Unwrapped	Jamie Oliver
	615	520	26 A&E	The First 48 (HDTV)		Crime 360 (HDTV) (N)		Manhunters	Manhunters	The First 48 (HDTV)		The First 48
	617	522	32 SHOW	Trailer Park	Trailer Park	The Outer Limits		Love-Death	Love-Death	*Storm Cell* (2008, Drama) Mimi Rogers.		
	601	562	33 SLICE	10 Pounds	Last 10	Bulging Brides	Bulging Brides	ET Canada	Til Debt-Part	Real Housewives NYC		Trading Sp
	-	633	34 ENC2	*League-Own*	*Ski School 2* ★ (1994, Comedy)			*Slap Shot* ★★★ (1977, Comedy-Drama) Paul Newman.				*Necessary R.*
	520	505	35 DISC	Man vs. Wild		MythBusters		Daily Planet		Man vs. Wild		Man vs. Wild
	620	523	36 BRAVO	*Foolproof* ★★ (2003, Suspense) Ryan Reynolds.				Law & Order "Profiteer"		Without a Trace		*Me Myself I*
	294	650	40 WPCH	Friends	Friends	*Election* ★★★ (1999, Comedy) Matthew Broderick.				Family Guy	Family Guy	Seinfeld
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Comedy Now
	-	539	42 TCM	(6) *Seven Samurai* ★★★★ (1954, Action) Toshirô Mifune, Yoshio Inaba.					*Kagemusha* ★★★ (1980, Drama) Tatsuya Nakadai.			
	628	584	43 SPIKE	TNA Wrestling (HDTV) (N)				Pros vs. Joes: All Stars		MANswers	GameTrailers	MANswers
	522	516	45 HIST	Metropolis "Venice"		NCIS "Switch"		Ancient Discoveries		Metropolis "Venice"		NCIS
	627	528	46 SPACE	*Manticore* ★ (2005, Science Fiction) Robert Beltran.				Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager
	-	-	47 AMC	(6) *Pale Rider* ★★★ (1985, Western)				*Two Mules for Sister Sara* ★★★ (1970, Western) Shirley MacLaine.				*Wild Bill*
	619	525	49 TROP	North of 60		Traders		Inside Hollywood (N)		Seinfeld	Raymond	Family Guy
	600	564	50 HGTV	Disaster DIY	Big Amazing	House Hunters	House Hunters	Holmes in New Orleans		Disaster DIY	Big Amazing	HolmesOrleans
	501	391	52 CTV	CTV News Tonight		News	CTV News	News	CTV News	News	CTV News	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 VIVA	The Closer "Batter Up"		Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy		Most Haunted
	269	350	93 APTN	Warriors: TKO	Wapos Bay	By the Rapids	renegadepress	*Expiration Date* ★★ (2006, Romance-Comedy) Robert Guthrie.				Family Dancing
	-	-	94 MCP	(6:30) News	News	Eight Heroes	Kingdom-Wind	Vancouver	Bahadur-Zafar	Dheeyan Ghar	Sadabahar	Rang Barangi
	571	581	100 MMM	The Daily Fix		Entourage	I'm a Celebrity, Get Me Out.		Ranked!		Gene Simmons	Entourage
	570	580	101 MM	Paris Hilton's My New BFF		Video on Trial	Born to Be	One Tree Hill		Paris Hilton's My New BFF		Technical Diff.
	581	566	102 MTV	College Life "Year End"		Canada's Next Top Model		Teen Cribs	After	Hills Wedding	Living on Edge	Canada-Model

critics'corner

30 Rock

Is that her biological clock, or is she just glad to see him? Liz (Tina Fey) develops a serious attraction for a new guy (Peter Dinklage), but Jenna (Jane Krakowski) thinks it's less about this guy being Mr. Right and more about Liz's desire to have a child. Jack (Alec Baldwin) helps Tracy and his wife (Tracy Morgan, Sherri Shepherd) with a "post-nup." Salma Hayek also guest stars in "Senor Macho Solo." 10:31 PM on CKAL KHQ

Manticore

U.S. troops in Iraq find themselves facing what may be the ultimate "weapon of mass destruction," but it doesn't belong to Saddam Hussein. It's the terrifying title monster from Persian legend, which has the body of a lion, a tail that stings and a really, really nasty disposition, especially toward those intruding on its ancient homeland. Robert Beltran ("Star Trek: Voyager") and Heather Donahue ("The Blair Witch Project") star. 7 PM on SPACE

Van Der Beek, wife split
James Van Der Beek and his wife, actress Heather McComb, have separated, his rep confirms to usmagazine.com exclusively. "They remain good friends," his rep tells Us. METRO NEWS SERVICES

Importance of being Bella

Stewart brings Twilight role back to life in New Moon

TALIA SOGHOMONIAN
Metro World News

It is the role that catapulted her to stardom, and Kristen Stewart is about to reprise her part as Bella in the hotly anticipated sequel to Twilight — New Moon.

Q What is it like to be back on set doing another Twilight?

A It's a little bit surreal to be back doing a second one just because it's something that I thought about for an entire year and now it's happening. But it's sort of like I couldn't wait any longer. It's hard. Usually you finish a movie and there's a very long grieving process. You have to lose the character… In this case, I couldn't drop her completely and I worked in between, which is a strange sensation. It's weird how easy it was to slip right back into it… I don't know, but it feels good. It feels like I can finally release the pressure.

Q Isn't that pressure kind of self-inflicted?

A Yeah, I have that feeling on every movie that I do. It's just that this one I had to wait a year to do the next one. Unless there's something about the story or that character that I'm playing literally needs to be fulfilled, like consummated, unless it's actually lived through and physically manifested, it's just a story and it's not done. So until you actually bring it to life, you basically have the capability of murdering the character on the page. If you don't do it justice, then nobody else is ever going to see those things and you're never going to learn from those experiences because you didn't do it right. So yeah, the thought of having to live through something that I find so worthwhile and then subsequently have people learn from that through your own experience, I would do anything — I would jump off a cliff for it. Oh! There's cliff-jumping in our movie. Perfect! (Laughs)

Twilight heroine Bella "loses the man she's in love with" in New Moon, Kristen Stewart says.

Q What are the changes in this second installment? Your character Bella takes risks again...

A Well, she loses what basically gives her the drive to do anything in her whole life. She loses the man she's in love with, but she also loses her entire life plan and she's so young to have to be forced into a decision like that and then have it stripped from you. It's just a glorified, elaborate version of the worst breakup you've ever been to… Oddly, we have a character that's warm enough and bright enough to bring her out of that. And it's truly gut-ripping. Because as perfect as Jacob is for her, she holds on to an ideal, the ultimate, fiery love that she has for Edward even though it's not comfortable, it's not practical and it's not a good idea.

More New Moon

- Read more of Kristen Stewart's interview with Metro online at metronews.ca.
- Tomorrow we conclude our series with an interview with Robert Pattinson.

BEST BUY FUTURE SHOP LONDON DRUGS Walmart Zellers Koodo shop

Market Mall
Marlborough Mall
Southcentre Mall
Sunridge Mall

(1) Includes international text and picture messages. Excludes premium messages. (2) Unlimited local calling from 7pm to 8am, Monday through Thursday and from 7pm Friday to 8am Monday. (3) Taxes are extra. Mobile phone not included in plan.

Best mother-in-law ever

When publicist Samantha Bryant became engaged to actor Colin Hanks, her future mother-in-law Rita Wilson "gave Samantha a $10,000 handbag to congratulate them," a source told Page Six. No word on what, if anything, Tom Hanks got the happy couple. **METRO WORLD NEWS**

Celebrity Buzz

Jacko's Rainbow Choir

ECCENTRIC Bizarre demands may be tripping up preparations for Michael Jackson's comeback concerts in London.

The singer reportedly wants a children's choir to back him up, but he has very specific requirements for the kids, according to the Daily Mirror.

Every young singer must be able to do sign language as well as sing, according to a source, who added that Jackson has requested the choir be made up of "exactly equal" numbers of black, white, mixed-race and Asian children.

METRO WORLD NEWS

GETTY IMAGES

Brit finds love with agent?

ROMANCE RUMOURS Britney Spears is dating her agent, femalefirst.co.uk reports.

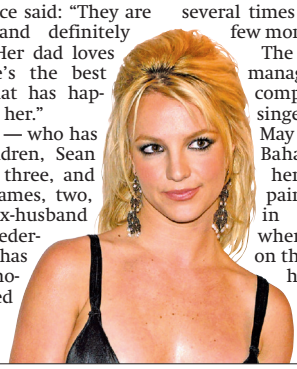
The singer — who has been romantically linked to everyone from paparazzo Adnan Ghalib to her backup dancers — has reportedly found love with Jason Trawick.

The 27-year-old star's strict father, Jamie Spears — who took legal control of Spears' personal and financial affairs last year — is said to approve of her new man.

A source said: "They are totally and definitely dating. Her dad loves him. He's the best thing that has happened to her."

Spears — who has two children, Sean Preston, three, and Jayden James, two, with ex-husband Kevin Federline — has been photographed with Trawick several times in the past few months.

The 37-year-old manager even accompanied the singer on her May trip to the Bahamas with her boys. The pair is currently in London, where Spears is on the U.K. leg of her The Circus Starring Britney Spears tour.



Friends claim the star fell for Trawick — who is a childhood friend of her brother Bryan — when they first met a few years ago.

The source added to People magazine: "They're very sweet together. Britney has always had a crush on Jason. He makes her really happy, and he's great with the boys."

Spears' representative has yet to confirm the relationship.

METRO NEWS SERVICES

Art fan Brad splurges on $1M painting

PATRON OF THE ARTS A belated 34th birthday gift for Angelina Jolie? On Tuesday, her partner Brad Pitt dropped major bucks at Art Basel, an international art show for modern and contemporary works in Basel, Switzerland, usmagazine.com reports.

The actor spent $956,000 US on a Neo Rauch oil painting, entitled Etappe, according to Bloomberg.

The nine-foot-wide painting, done in 1998, shows a swirling view of a driver behind a red racecar, with workers nearby carrying hoses.

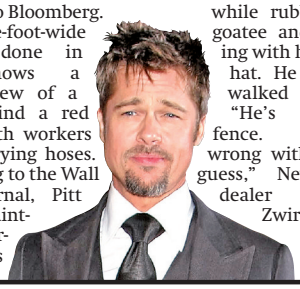
According to the Wall Street Journal, Pitt eyed the painting for several minutes while rubbing his goatee and fidgeting with his tweed hat. He initially walked away.

"He's on the fence. Nothing wrong with that, I guess," New York dealer David Zwirner said.

But within minutes, Pitt returned with Los Angeles collectors Eli and Edythe Broad and made the big purchase.

It wasn't the first time Pitt splurged on art. Last year, he bought a white marble table by a Dutch designer and an aluminum rug by a Colombian designer at the same show, usmagazine.com adds.

METRO NEWS SERVICES



I was a sex abuse victim: Latifah

CONFESSION In the July issue of Essence, Queen Latifah talks about surviving sexual abuse as a child, popeater.com reports.

"He violated me," the Oscar-nominated actress said of a teenage male babysitter. "I never told anybody; I just buried it as deeply as I could and kept people at an arm's distance ... I never really let a person get too close to me," she told the magazine. "I could have been married years ago, but I had a commitment issue."

METRO NEWS SERVICES

30 DAYS OF IRONMAN®

30% OFF SELECTED TIMEX® WATCHES

JUNE 1 - 30, 2009
ENTER FOR YOUR CHANCE TO WIN*
ONE OF 30 PRIZES

TO ENTER, present your HBC Rewards Card at any cash desk when you make an IRONMAN purchase, or enter online at www.thebay.com

PRIZES INCLUDE:
2 TREK 2.1 series bikes (Value $1500 each.)
8 TREK 7.1 series bikes (Value $500 each.)
20 TIMEX® Heart Rate monitors (Value $130 each.)

IRONMAN® ROAD TRAINER™ DIGITAL H.R.M.

TIMEX IRONMAN TRAIN SMARTER AT TIMEX.CA

OFFICIAL SPONSOR OF TIMEX ROAD RACE

the Bay

*No purchase necessary. Contest closes June 31st, 2009. There are 2 grand prizes (Trek 2.1 Series Bikes, approx. value $1500.00 each), 8 secondary prizes (Trek 7.1 FX Bikes, approx. value $500.00 each), and 20 third prizes (Timex Ironman Heart Rate Monitors, approx. value $130.00 each). Correct answer to mathematical skill testing question required. Odds of winning depend on the number of eligible entries received. For full contest rules, prize descriptions, entry and eligibility requirements and information on participating locations, visit any Bay store or www.theybay.com.

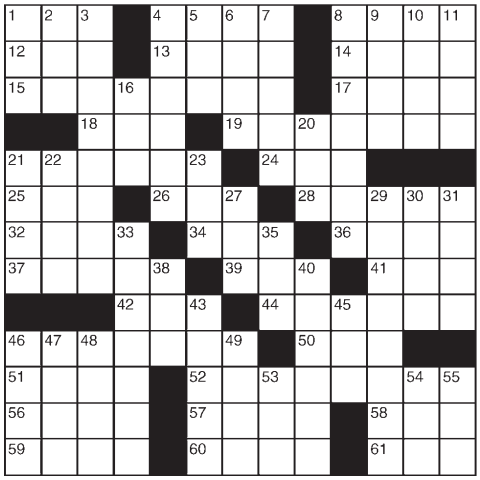
© 2009 Timex Group USA, Inc. TIMEX and TRIATHLON are registered trademarks of Timex Group USA, Inc. ROAD TRAINER is a trademark of Timex Group B.V. INDIGLO is a registered trademark of Indiglo Corporation in the U.S. and other countries. IRONMAN and M-DOT are registered trademarks of World Triathlon Corporation.

Today Mostly sunny. 22 C / 6 C
Friday Mostly sunny. 24 C / 8 C
Saturday Mostly sunny. 24 C / 10 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist — Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



Crossword across

1 Suitable
4 Agenda entry
8 Inquisitive
12 Scratch
13 Evoking an "eeww!"
14 Killer whale
15 Offstage aide
16 "Hud" Oscar winner
17 Swab the deck
18 Charmingly innocent
19 Be unsteady
21 Nosh
24 Fuss
25 Early bird?
26 Ball-rolling game
28 Typeface choice
32 Chic no more
34 Entreat
36 Halloween option
37 Possibly will
39 Galena, e.g.
41 Shell-game need
42 Stuck
44 Tea with fabled powers
46 Take blades to blades
50 Mine entrance
51 Openings for aglets
52 Region
56 Unrivaled
57 Author Buscaglia
58 Winged
59 Basin accessory
60 Put down
61 Put down

Crossword down

1 Music booster
2 Standard
3 Brass member
4 Drink
5 Performance
6 Distort
7 Short liturgical prayer
8 Direct, as a flight
9 Hydrox rival
10 Con job
11 Elis' campus
16 Unruly bunch
20 Apprehend
21 Float gracefully
22 Smell
23 Freudian concept
27 Wrigley product
29 Ironsides commander
30 Concern
31 Kept tabs on
33 Mixologist
35 — Mahal
38 Ball-bearing item
40 Talk on and on
43 Viewpoint
45 Oft-tattooed word
46 Mideastern Strip
47 "American —"
48 Ship of 1492
49 Expand
53 A Chorus Line song
54 Earl Grey, for one
55 Sauce source

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8			4		7			2
1	2	6				9	7	4
		8	3		2	1		
9								3
		7	5		1	4		
7	9	4				3	8	1
2			7		3			5

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

6	4	8	2	9	1	5	3	7
3	2	1	6	7	5	8	9	4
7	5	9	8	4	3	6	2	1
8	7	5	4	3	2	1	6	9
4	1	3	9	6	8	7	5	2
2	9	6	1	5	7	3	4	8
1	8	4	5	2	6	9	7	3
5	3	2	7	8	9	4	1	6
9	6	7	3	1	4	2	8	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Crispy Tuna Steak in Citrus Sauce

INGREDIENTS:
2 large oranges
1-1/2 cups (375 ml) orange juice
2 tbsp (25 ml) dry white wine (optional)
2 tbsp (25 ml) cornstarch
2 tbsp (25 ml) chopped fresh cilantro
2 tbsp (25 ml) cornmeal
1/2 tsp (2 ml) salt
1/4 tsp (1 ml) black pepper
4 tuna steaks (1/2 in./1 cm thick)
4 tsp (20 ml) olive oil

METHOD:
1. Peel oranges.
2. Section oranges. Whisk orange juice, wine (if using) and cornstarch in small saucepan until smooth. Bring to boil over medium-high heat and cook, stirring, until sauce boils and thickens, 2 minutes. Remove from heat and stir in orange sections. Keep warm.
3. Mix cilantro, cornmeal, salt and black pepper in pie plate. Coat both sides of tuna steaks with cornmeal mixture, pressing firmly so mixture adheres.
4. Heat 2 tsp (10 ml) oil in large cast-iron frying pan over medium-high heat until hot but not smoking. Sear tuna until done to taste, 2 to 3 minutes on each side for medium-rare. Add remaining oil just before turning fish. Serve with sauce.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
You will have plenty to say for yourself today. If partners and loved ones and colleagues are smart they will listen to your advice. If not, they'll lose out.

TAURUS ♉
APRIL 21-MAY 21
For too long you have drifted along not worrying too much about where the next dollar is coming from but now you need to start making serious plans.

GEMINI ♊
MAY 22-JUNE 21
If you know what you want there is nothing that can stop you from getting it, except maybe your own self-doubt.

CANCER ♋
JUNE 22-JULY 22
However bad things might seem at the moment they should get better before the end of the month according to the cosmic setup.

LEO ♌
JULY 23-AUG 23
Even if something goes wrong today it won't stop you from carrying on as before. Others may give up when the going gets tough, but not you.

VIRGO ♍
AUG 24-SEPT 22
For some strange reason others seem to believe you are incapable of finishing what you started and you must go out of your way to prove them wrong.

LIBRA ♎
SEPT 23-OCT 23
You can't take a break just yet, but you can take your mind off your worries: Lose yourself in a new book, the latest film or your favorite music today.

SCORPIO ♏
OCT 24-NOV 22
The stars warn you have been living beyond your means for a while and you have got to do something about it over the next few days.

SAGITTARIUS ♐
NOV 23-DEC 21
The sun in your opposite sign means you are unlikely to get far today unless you are willing to work with other people as part of a team.

CAPRICORN ♑
DEC 22-JAN 20
Cosmic activity indicates you have to deliver on what you have promised, even if it means burning the candle at both ends for a few days.

AQUARIUS ♒
JAN 21-FEB 18
Forget about what is going on in the world and focus on the one issue, and the one person, that mean more to you than anything, or anyone, else.

PISCES ♓
FEB 19-MARCH 20
If you make too loud a noise today about what you see as an injustice someone will make life difficult for you over the weekend and early next week.

ADVENTURE!
Teach English Overseas
TESOL Certified in 5-Days
In-Class or Online NO DEGREE REQUIRED!
1-888-270-2941
FREE Info Seminar... Call for details!
Job Guaranteed
globaltesol.com
GLOBAL TESOL COLLEGE

FLIGHT CENTRE Unbeatable
PARIS
FROM $893
+ taxes & fees $414
INCLUDES roundtrip airfare and 6 nights 3.5-star accom located minutes away from top attractions with breakfast daily.
1 866 503 1294 | flightcentre.ca
Conditions apply. Ex: Calgary. Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change.

summer camps
CANADA OLYMPIC PARK
STARTING FROM
$ 99

www.winsportcanada.ca
403.247.5452

SAVING IS EASIER WITH A LITTLE HELP.

FOR EVERY $100 YOU SAVE, WE'LL PITCH IN $10 MORE.

SIMPLY SAVE

With the Simply Save® program, when you use your debit card, a little money is automatically transferred into your savings account.

- Choose the amount you want transferred (50¢–$5.00)
- Choose the savings account

Plus, sign up by July 24, 2009 and for every $100 you save in your first year, we'll help with a $10 bonus – up to $200.

Check out how your savings can grow at
www.tdcanadatrust.com/simply
1-888-824-7300

TD **Canada Trust**
Banking can be this comfortable

You must be 19 years of age or older to participate in this offer. ®Trade-mark of The Toronto-Dominion Bank. Offer may be changed, extended or withdrawn at any time without notice.